

Water-Soluble Vitamins			
Vitamin	Actions	Sources	Possible Effects of Taking Too Much
B ₁ (thiamin)	Helps your body use carbohydrates for energy; good for your nervous system	Lean beef, pork, liver, legumes, nuts, enriched whole-grain products	None reported
B ₂ (riboflavin)	Helps your body process protein, carbohydrates and fats; helps maintain healthy skin	Lean beef, pork, liver, legumes, eggs, cheese, milk, nuts, enriched whole-grain products	None reported
B ₃ (niacin)	Helps your body process protein and fats; helps maintain a healthy nervous system, skin and digestion	Liver, turkey, tuna, salmon, swordfish, peanuts, beans, yeast, enriched whole-grain breads and cereals	Flushing (redness) of the skin; upset stomach
B ₅ (pantothenic acid)	Helps your body process nutrients; helps your body make red blood cells	Organ meats, beef, chicken, lobster, milk, eggs, peanuts, peas, beans, lentils, broccoli, yeast, cereals, whole grains	None reported
B ₆ (pyridoxine, pyridoxal, pyridoxamine)	Helps your body use protein and fats; supports your nervous and immune systems; helps your blood carry oxygen to your body's tissues; helps break down copper and iron; prevents one type of anemia; helps maintain normal blood sugar levels	Organ meats, pork, beef, poultry, fish, eggs, peanuts, bananas, carrots, yeast, fortified cereals	Nerve damage to the arms and legs, which may cause numbness, trouble walking and pain
B ₁₂ (cyanocobalamin)	Maintains healthy nerve cells and red blood cells; needed to make genetic material in cells; prevents one type of anemia	Liver, poultry, clams, sardines, flounder, herring, eggs, milk, blue cheese, fortified cereals	None reported
C (ascorbic acid)	Helps form connective tissues, such as cartilage and tendons; acts as an antioxidant and protects your body's cells from damage from free radicals (by-products of metabolism); good for your immune system	Broccoli, green peppers, spinach, brussels sprouts, citrus fruits, tomatoes, potatoes, strawberries, cabbage	Upset stomach; kidney stones; increased iron absorption
H (biotin)	Helps your body use	Liver, kidney, egg	None reported

	nutrients; good for your nervous system; helps form red blood cells	yolks, peas, beans, nuts, tomatoes, yeast	
Folic Acid (folate)	Helps your body make and sustain new cells; prevents one type of anemia; prevents neural tube birth defects	Dark leafy vegetables, dry beans and peas, oranges, fortified cereals and grain products	<p>Risks are low</p> <p>NOTE: High levels of folic acid may hide signs of B₁₂ deficiency (a deficiency that can cause nerve damage), especially in older adults.</p>